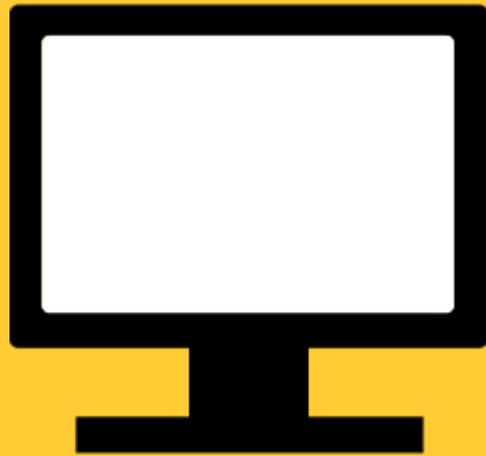# Adjusting to Learning Online

Tips for Success:

- ❌ Find a quiet, private study area
- ❌ Limit distractions by turning off phones, TVs, social media, etc.
- ❌ Take a 10-minute break from the screen every hour
- ❌ Set boundaries by creating & following a schedule
- ☐ Stay socially connected to supportive friends & family
- ☐ Practice meditation, mindfulness, & relaxation skills
- ☐ Eat well & exercise
- ☐ Get 8-9 hours of good sleep
- ☐ Set realistic goals
- ☐ Make time for fun & self-care
- ☐ Go easy on yourself
- ☐ Ask for help
- ☐ Embrace being independent

Coping with Learning Differences:

- ☑ <u>Reading is key:</u> you lose the non-verbal cues you get/give in a classroom and your instructor's role may shift to a guide through (vs. distributor of) information
- ☑ <u>Communicate effectively:</u> initiate more contact, be persistent and direct, and express your confusion and concerns to your instructor as needed
- ☑ <u>Participate regularly:</u> commenting in online discussions may be needed to increase your presence, shared learning, and sense of class community
- ☑ <u>Ask for help:</u> contact your instructor or IT with difficulties and questions immediately, and share solutions with classmates
- ☐ <u>Be patient:</u> as much as your instructor will try to be prompt in answering questions, they may be fielding many concerns from other students
- ☐ <u>Stay connected:</u> if distance learning feels too distant, see if classmates are in online chat rooms while you study to avoid feeling isolated